

School Health Promotion Morning Announcements

APRIL: Spring into Fresh Fruits & Veggies!



Quiz:

[Start speaking here.]

1. Which type of fruits and vegetables taste the best?

- A. From a can**
- B. From the freezer**
- C. Directly from the farm or garden**

Answer: C. That was an easy one!

2. How much of your plate should be filled with fruits or vegetables at each meal?

- A. The whole plate**
- B. Half the plate**
- C. A small slice of the plate**

Answer: B. Doctors say that half of your plate should be filled with fruits and vegetables.

3. How many servings of fruits and vegetables should you eat each day?

- A. 2**
- B. 5**
- C. 25**

Answer: B. Try to get 5 servings of fruits and vegetables every day.

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